

TRAINING *Familywellness*

A PARTNERSHIP BETWEEN  SANFORD HEALTH

INCLUDED IN YOUR MEMBERSHIP

Consultation | A sit-down meeting with a personal trainer to discuss health history, past workout experience, and goals. This is an introduction to a personal trainer with the intent to start a training program. (30 minutes)

Jump Start Consultation | Medically referred clients to Family Wellness to do an exercise program. (30 minutes)

Orientation | Tour of various pieces of equipment designed around what the Family Wellness member is looking to learn and is catered to your needs to help you feel comfortable with the fitness floor. Orientation does not come with a free personal training session. (30 minutes)

Partner Orientation | Two people share one orientation session. Each person goes through the same process as his or her partner. Individuals do not have their own separate orientation. (45 minutes to an hour)

Goals Assessment | Consultation with an in-body scan. (30 minutes)

Circuit Class | Free 50-minute Monday/Wednesday/Friday circuit class at 12:00pm. Meet on the Bridge.

NOT INCLUDED IN YOUR MEMBERSHIP

Personal Training | Paid service with a personal trainer and includes a program design implantation.

In-Body | An impedance scan that does body fat percentages and gives breakdowns of weight in fat, muscle, water, and bone mass.

Small Group Training | Groups of 4-10 participants who are doing personal training in a group setting at a reduced cost. Appointment only.

Adult Boot Camp | Paid service with a personal trainer and includes a program design implantation in a group setting. For ages 15 plus.

Kids Boot Camp | Paid service with youth exercise specialist and includes program design implantation for kids 8-18 years old. Includes pre and post testing.

Teen Start | Paid service with youth exercise specialist and includes program design implantation for kids 13-18 years old. Includes pre and post testing.

Program Design | Paid service with a personal trainer for a custom designed fitness program and includes 1 session with person trainer to go over program elements.

For more information, contact Carma at Carma.Devillers@sanfordhealth.org or 701.234.7643

2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | www.familywellnessfargo.org

 Family Wellness Fargo |  @FamilyWellFGO |  familywellnessfgo